

TOWNSEND LETTER *for Doctors & Patients*



By Dr. Morton Walker

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VíaVienté, The Ultimate Phytotonic

My wife Joan and I had accompanied a scientific expedition during the fall of 1981 sponsored by the Ecuadorian Government to the "Sacred Valley" of Vilcabamba in Loja province located high in the Andes Mountains of Ecuador (see Photograph 1). My expedition's party, including Vilcabamba's mayor, four scientists, a security guard, an interpreter/guide, Joan, and myself as the group's medical journalist, had the task of learning and then reporting on why *los viejos* (the old ones) were experiencing above average coronary and bone health, greater freedom from degenerative diseases, prolonged sexuality, and more extended longevity than any other people in the world. We traversed mountains, marched through jungles, packed supplies on donkeys (see Photograph 2), and drove pickups on crude roads to reach the Vilcabamba population in which one in 60 lives to be a centenarian. (This high number of people over 100 years of age who live and work in Vilcabamba compares with modern America in which just one in 1.3 million may reach 100 years of age.)¹

I returned to the United States with documents and records copied from the offices of Vilcabamba's Lieutenant General, Civil Registrar, the Provincial Council of Loja, and the local church. Among other long-lived people, I interviewed and took photographs of 132-year-old Jose Maria Roa, his neighbor 118-year-old Manuel Ramon, and Ramon's wife, 105-year-old Eleanora. The expedition's aim was to determine if Ecuador's centenarian claims were authentic. My assurance to you is that they were!

Simultaneously, I carried back samples of the Vilcabamban's soil, water, food, and hair specimens for analysis by the Hayward, California testing laboratory, Mineralab, which was being managed then by Garry F. Gordon, MD, DO, MD(H). Dr. Gordon advised me that their soil, plus the water and food consumed by these long-lived people was "The perfect combination of trace minerals and other elements deemed necessary for maintaining a balanced body chemistry."

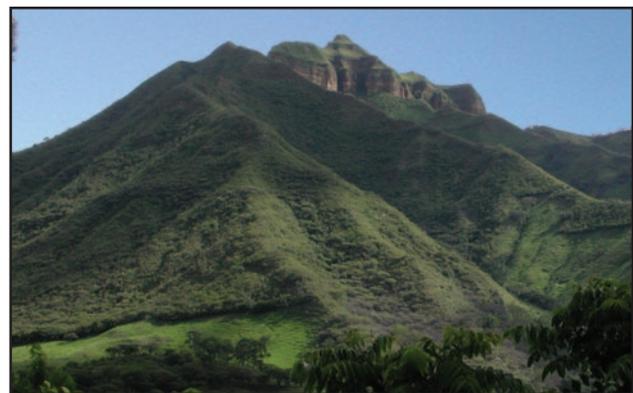
The laboratory's hair analysis confirmed the soil, food and water findings. Tissues from the Vilcabambans were exactly what they ate and drank. Conclusions were that these centenarians were in perfect physiological balance.

Ten years after the expedition, Craig Keeland of Plano, Texas read an original manuscript of my 1983, *Secrets of Long Life*, about certain nutritional practices of the Vilcabambans and the mineral essence of their drinking water.² This essence gathers in a thousand pools and 14 lakes onto a tundra named by the Spanish-speaking natives as *pajonal*. The

pristine liquid of *pajonal* actually is snow melt and rain which falls onto the tops of the Andes above 16,000 feet and flows as waterfalls (see Photograph 3) over rocks, down gullies, and past mountainous outcroppings picking up abundant minerals. This is the water of optimal health and longevity.

With help from Albion Laboratories and the biochemical formulating skills of Mark Pedersen, ND, Craig Keeland has had the Vilcabambans' Mineral Essence duplicated and packaged into a Phytoneectar or stamina-producing tonic known as *VíaVienté*. These mineral-laden waters now have been combined (by Dr. Pedersen) with nine anti-microbial South American rain-forest fruits and two homeostasis-producing roots to create this patented and chelated energy-boosting nectar, which may be considered as the Ultimate Phytotonic. Dr. Pedersen points out that *Phyto* comes from the Greek meaning "to bring forth from a plant" and *Tonic* is "a healing agent that invigorates and restores."

Health professionals who have familiarized themselves with the benefits of drinking *VíaVienté* each day use it prophylactically and therapeutically for themselves and/or for their patients. An intriguing history makes up the story of *VíaVienté's* evolution as a phytotonic which is detailed in a published adaptation from my original book. This history was produced by Terry Minke, President of CIS Publishing.³



Photograph 1: Depicted is one of a dozen 14,000-16,000 foot mountains in the Andes surrounding the Sacred Valley of Vilcabamba which sits at an elevation of 4,000 feet. Just such mountains protect the Vilcabambans from pollutants and other environmental alterations so that they stay in perfect physiological balance.

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Neurologist W. Bruce Ketel, MD Advocates Drinking VíaVienté

From his office clinic in Glenview, Illinois, board certified medical neurologist W. Bruce Ketel, MD, states: "The basis for my personally ingesting this purple-colored, wine-like, plant-based tonic are observations I had made of the healing of my daughter-in-law. The young woman had suffered with a swelling in her left leg for the prior three years which came from an inflammatory blood clot. The edema and pain were incapacitating so as to limit her mobility. Each day for several weeks, therefore, she had been drinking four ounces of ViaViente and at the end of that short period, her entire thrombotic difficulty just disappeared."

"Impressed by what I had observed, my nutritional/therapeutic training came into play, and I conjectured that there must be a massive amount of antioxidants making up components of my daughter-in-law's purple drink. The swelling from inflammation had gone away quickly and dramatically. My conclusion remains the same today: VíaVienté must be an integral part of my own wellness program. I want its benefits," declares Dr. Ketel. "Twice weekly I work out with a personal trainer, and a certain amount of fatigue does set in from the exercise – the trainer works me hard! But once I started drinking two ounces a day of 'Via,' such fatigue never reappears. After a time, my trainer recognized my increased endurance and asked me what I had added to my body enhancement program. Now that same personal trainer is taking 'Via', too."



Photograph 2: Seen here are the types of donkeys used as pack animals which transport supplies over the mountain passes that keep the Village of Vilcabamba isolated from the rest of the world of commerce.

"I have always kept a tight control over my diabetes. Well, about four weeks after starting VíaVienté, I noticed that results from my morning blood sugar testing had dropped from 130 to 115 mg/dL, and it remained there. Figuring that I could improve even more, I upped my 'Via' dosage to four ounces daily – two ounces at breakfast and two ounces at dinner," Dr. Ketel affirmed. "What happened next was surprising! Within a couple of weeks my serum cholesterol dropped from 225 to 125 mg/dL – an excellent blood reading for someone who is diabetic. And it has gotten even better. I had my serum cholesterol checked only one week ago and it has now fallen lower yet down to 123 mg/dL."

"The longer I stay with drinking VíaVienté, the more physiological benefits are accruing – it establishes homeostasis in the body systems and structural tissues. Now I never get sick with

a cold or other minor infection; my immunity overall is responding positively, including my newest blood sugar test reading which recently fell to just 100 mg/dL. VíaVienté has turned out to be the ultimate phytotonic for me which has improved my life significantly," says Dr. W. Bruce Ketel.

"For patients in my neurological practice, I use VíaVienté wherever inflammation plays a role – probably in almost every illness. It's an especially valuable treatment for migraine headaches, since it keeps migraines away. My patients take one ounce of 'Via' per day as prophylaxis, but if headache occasionally comes on, the patient knows to swallow one or two ounces more for resolution of the headache. Truly it's a great pain-killer and successful treatment of symptomatic illness is a common story," says Dr. Ketel. "I use antioxidants as an alternative method of healing with 'Via', invariably my antioxidant choice. This is an easily applied remedy in addition to any usual neurological therapy. I see the purple phytotonic as a good adjunctive dietetic remedy for nearly any type of degenerative disease."

"A number of my Parkinson's disease patients are ingesting 'Via', too. Most of them are elderly; from taking the drink, they do notice much improvement in their parkinsonian back pain, joint pain, and general pain. Patients suffering with neuropathy find relief from drinking it. For younger patient groups, say in their 50s, response comes with downing one ounce twice daily – divide the product into two doses; those in the older age groups should drink four ounces twice daily," the neurologist explains.

"And fibromyalgia responds well to it, especially taking four ounces a day. Acute attacks of multiple sclerosis with their associated inflammations will be much relieved by the MS patient taking six ounces daily of VíaVienté with four ounces daily for the long term," says W. Bruce Ketel, MD. "I'll offer just one case history among 60 that I could give. My patient, a 58-year-old man needing a wheelchair to get about because of his MS, was additionally experiencing long-term weakness, numbness, paralysis, and pain. However, within four weeks of my recommending he drink six ounces daily of the liquid, he reported a dramatic lessening of pain. By the end of eight weeks, he discontinued using the wheelchair altogether. He went to using his walker for ambulation. In another week the man substituted a cane for the walker."

"I'm tempted to give you another example that involves migraine – a 36-year-old housewife who found herself unable to function as a homemaker for years. She did respond for short periods to migraine medications, but relief lasted for only a few days. Headaches were always a factor in how she might plan her day," Dr. Ketel states. "After I dispensed 'Via' to her, the migraines resolved. She almost never experiences any of them now; if a rare headache happens, she takes an extra ounce of 'Via' added to her preventive dosage of one ounce a day as a base-line."

"Now that I have seen distinct physiological benefits in my own life and in the lives of my patients, I am convinced that 'Via' is a nutritional supplement that I never want to be without," says this Fellow of the American Academy of Neurology. "VíaVienté has proven itself to me to be one of the most powerful antioxidant, anti-inflammatory, and wellness products ever to be found."

Components Included in the VíaVienté Formula

People taking VíaVienté at its optimal dosage experience more energy and less pain within two-to-six weeks because of the components contained in its formulation. Those components include botanical tonic nectars in a base of mineral water. They derive from whole fruits and herbs – stems, leaves, fruit, seeds, roots, juice, skin, and pulp – none of it certified for use in the finished phytotonic until the liquid mixture passes a battery of quality evaluations. The final nectar is tested for plant identity, potency, and purity. The entire fruit is used from each plant because polyphenols, or antioxidants, often remain most potent in the seeds, rinds, and skin.⁴

VíaVienté phytotonic delivers three times the usual Oxygen-Radical Absorbance Capacity (ORAC) value and ten times the amount of antioxidants of any other nutritional supplement. Measuring the ORAC value of a botanical is roughly equivalent to comparing its antioxidant potential against the free radical quenching ability of the common alpha tocopherol form of vitamin E. This ORAC test offers a scientist the ability to compare the power of water-soluble antioxidants to the power of fat-soluble ones. ORAC is measured in Trolox units, a water-soluble derivative of vitamin E. The nutritional profile of VíaVienté shows that it contains 700 to 100 minimoles Trolox.⁵

The following botanicals are present in VíaVienté⁶:

- Grape for blood flow circulation and enhanced digestion
- Gentain Root for blood flow circulation
- Bilberry for vision acuity
- Elderberry for respiration
- Cranberry for improved digestion
- Noni from Tahiti for increased mobility
- Skullcap for mobility and better digestion
- Prune for evacuative digestion
- Blueberry for richer blood and healthier tissues
- Apple for physiological constitution
- Aloe Vera for healthier skin and improved digestion

All of these ingredients are held together in a vehicle of Vilcabamba water containing the basic mineral essence which consists of 13 Minerals Essential for human health and vital to the human body's function. The water essence is entirely free of anything toxic, including heavy metals.

Short Descriptions of Individual Nutrients in VíaVienté

The Polyphenols present as herbal nectars in VíaVienté are divided into four subgroups: (1) bioflavonoids from Chinese skullcap, (2) anthocyanins and (3) OPCs or proanthocyanins in the multiple berry nectars plus grapes in particular, and (4) xanthenes found in gentian root and Chinese skullcap nectars.

VíaVienté constituents consisting of **Gentain** root nectar, **Bilberry** nectar, **Blueberry** nectar, **Prune** nectar, **Elderberry** nectar, **Noni** nectar, **Cranberry** nectar, **Apple** nectar, and **Aloe Vera**, all work in a synergistic fashion for counteracting the symptoms of serious illnesses. They have anti-inflammatory characteristics and reduce or eliminate the more severe effects of arthritis, cancer, cardiovascular disease, diabetes, visual impairments, muscle and joint pain, respiratory illness, and more.

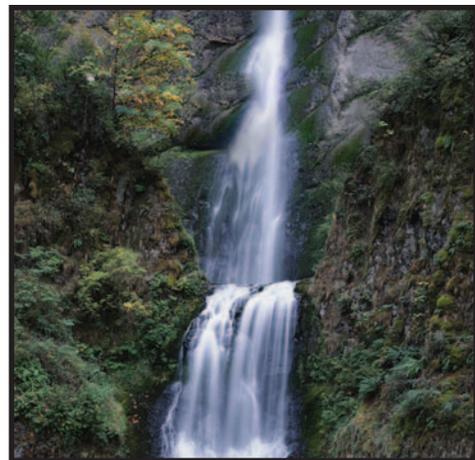
Gynecologist Kathryn J. Wood, MD, Utilizes VíaVienté

“Using a general health questionnaire for each patient, I am keen to learn what nutritional supplements are being taken. I’m an advocate of supplementation, for I don’t think any of us get enough of the recommended amounts of fruits and vegetables,” says obstetrician/gynecologist Kathryn J. Wood, MD, of Frisco, Texas. “My suggestion is that each person should have a daily dose of VíaVienté because it contains quantities of vitamins, minerals, herbs, fruits, vegetables, aloe vera, and other items.”

“Most commonly reported to me by patients taking VíaVienté is that joint pains disappear; it works quickest in the hands – computer use stops hurting – and pain in the feet stops too. A patient with heart impairment told me yesterday that daily napping has become unnecessary because she has a lot more energy from drinking the phytotonic,” Dr. Wood advises. “Other improvements that occur for people are better digestion, more abundant bowel movements, decreased flatulence, lessened gastritis, some people with rheumatoid arthritis have been able to go off their medications in large measure. Diabetics experience a lowering of blood sugar readings. Thus, a lot of anecdotal reports are coming to me describing benefits from people taking VíaVienté.”

“And I am no exception. Drinking VíaVienté has done great good for me. My personal physical benefit from it has caused me to take note. It’s definitely a safer alternative to Vioxx®, Celebrex® and the other painkillers offered in the marketplace. I encourage patients to try this tonic as an anti-arthritis pain substitute,” states Dr. Wood. “Its most frequent application is to overcome aches, pains, and inflammations, and I am excited about what I am seeing so far.”

“While I cannot pinpoint any single component in the formula, the overall combination in liquid form seems to act synergistically to stimulate inflammation healing anywhere in the body. It’s more effective than any of the other nutritional supplements that I have tried for patients and for myself,” affirms Kathryn J. Wood, MD.



Photograph 3: Observed here are the cascading streams of Vilcabamba water essence that fall down the Andes Mountain sides. Laden with no less than 14 minerals essential for human life, drinking the product of these waterfalls will keep a person in perfect balance the same way they do for the Vilcabamban centenarians (los viejos or “the old bones”).

Ophthalmologist Gary R. Tylock, MD Personally Takes and Recommends VíaVienté

For nearly two years, starting in July 2003, I have enjoyed taking VíaVienté mainly because it gives me a terrific energy boost which starts my day," says 52-year-old Ophthalmologist Gary R. Tylock, MD of Irving, Texas. "I have noticed that for the past year, I have no cold symptoms because I sense that my immunity has been elevated. I do not drink coffee; rather, the VíaVienté tonic has become my morning beverage – it has a delightful taste. And it's usual for me to drink more than a bottle of the liquid per week.

When I meet a person who obviously could benefit from the formula's components, I do recommend its use, the ophthalmologist admits. I just like VíaVienté and what it does for body function enhancement. Members of my family have seen me drink it and they have taken on the tonic as a routine part of their lives as well. I'm happy when I see my loved ones, friends, and neighbors thrive anew from their taking VíaVienté as a nutritional supplement."

Energy Medicine Practitioner P.K. Hawk, PhD Ingests and Dispenses VíaVienté

Working from her office in the City of Apache Junction, Arizona, P. (Patricia) K. Hawk, PhD, has established herself as one of those rare health professionals who practices energy medicine. Therapies such as Reiki, Neuro Emotional Technique, Etheric Clearings and Conscious Energetics had been key adjuncts in the treatment programs of Dr. Hawk. Now the drinking of VíaVienté is another main modality of her energy medicine practice.

"The higher a person's vibration rate becomes, the more unlikely he or she is to be susceptible to physical ailments of any kind. When you are sick, it's usually because your vibrational rate is lethargic or almost non-existent. Illness has an exceeding low vibration," declares Dr. Hawk. "Thus, when body vibration drops down markedly because of stress – no matter the source – it's likely that some disease will follow. However, the drinking of VíaVienté is therapeutic because it clears out negative energies by elevating one's rate of energetic vibration. The immune system gets supported not only physically but also energetically – a double dose of treatment."

Dr. Hawk's two main professional interests, therefore, are first, the practice of energy medicine for patients to free them from low energy, stressors, auto-immune deficiency, toxicity and other emotional, mental and physical issues. Second, she dispenses VíaVienté for sharing with her patients. As stated, VíaVienté becomes a therapeutic modality within her practice – one of the techniques for applying energy medicine. Some patients find they have such profound results with the phytotonic that they become distributors of it for the benefit of their friends and neighbors. "I sometimes sell VíaVienté at the retail price so that patients become customers; other times, the clinical protocol calls for a three-to-six ounce daily dose for 90 days so that people can enroll as distributors to receive the product in quantity at a much cheaper price," explains Dr. Hawk. "They often

begin the initial purchase with three to six bottles that comes to them through the mail."

"Let me give you illustrations of advantages my patients and I have found with VíaVienté. Take my own case history, for instance. I am a 53-year-old woman who had been undergoing panic attacks, anxiety attacks, chronic fatigue, fibromyalgia, and more," admits Dr. Hawk. "My dysfunctional nervous system had practically shut down. The symptoms had arisen from my pushing myself excessively as a high-performance athlete, which caused my adrenal system to go into overload."

"After I drank one ounce of VíaVienté daily for four weeks my stamina increased and energy lifted. Observing myself after seven months, I realized that my fibromyalgia had completely resolved and the rest of my symptoms have steadily faded away," Dr. Hawk states. "While for five years I was unable to trust myself to drive a car, I have now resumed transporting myself in a new vehicle. I can absolutely declare in all truthfulness, this elixir has changed my life! Mine is a phenomenal health success story."

"Another case history is that of my patient, EP, a female, 59-years-old, who was made miserable by severe candidiasis and bacterial infections. Being hospitalized, EP sustained an iatrogenic staphylococcus infection on her skin, in her groin, into the eyes, and more. She had sought treatment from all types of physicians without finding relief," says Dr. Hawk. "The unfortunate woman had experienced no resolution to that point; however, when 'Via' arrived on the scene, I put EP on six ounces per day of the drink because it creates alkalinity in the body. Since *Candida albicans* cannot live in a state of alkalinity, VíaVienté permanently rid my patient of her vaginal yeast infection in five months. My patients are thriving on the drink."

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